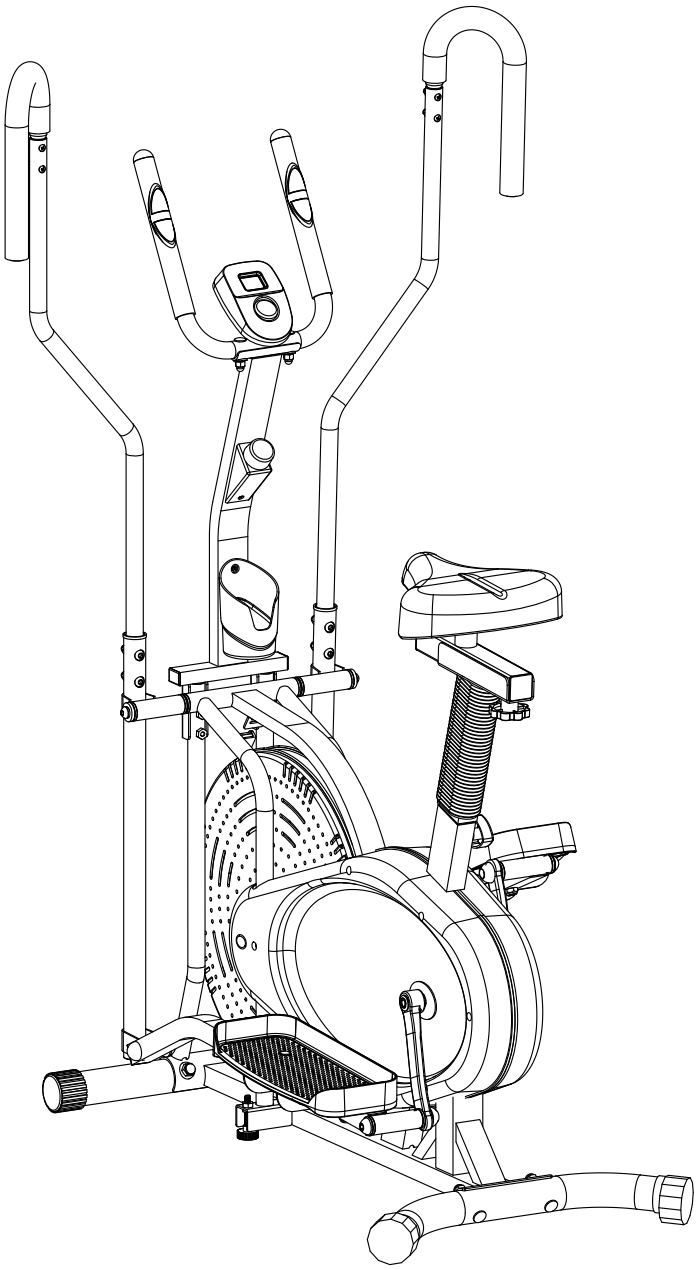
PROGEAR FITNESS

AIR ELLIPTICAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo and, subject to change without notice.

OWNER'S MANUAL

Item #1308

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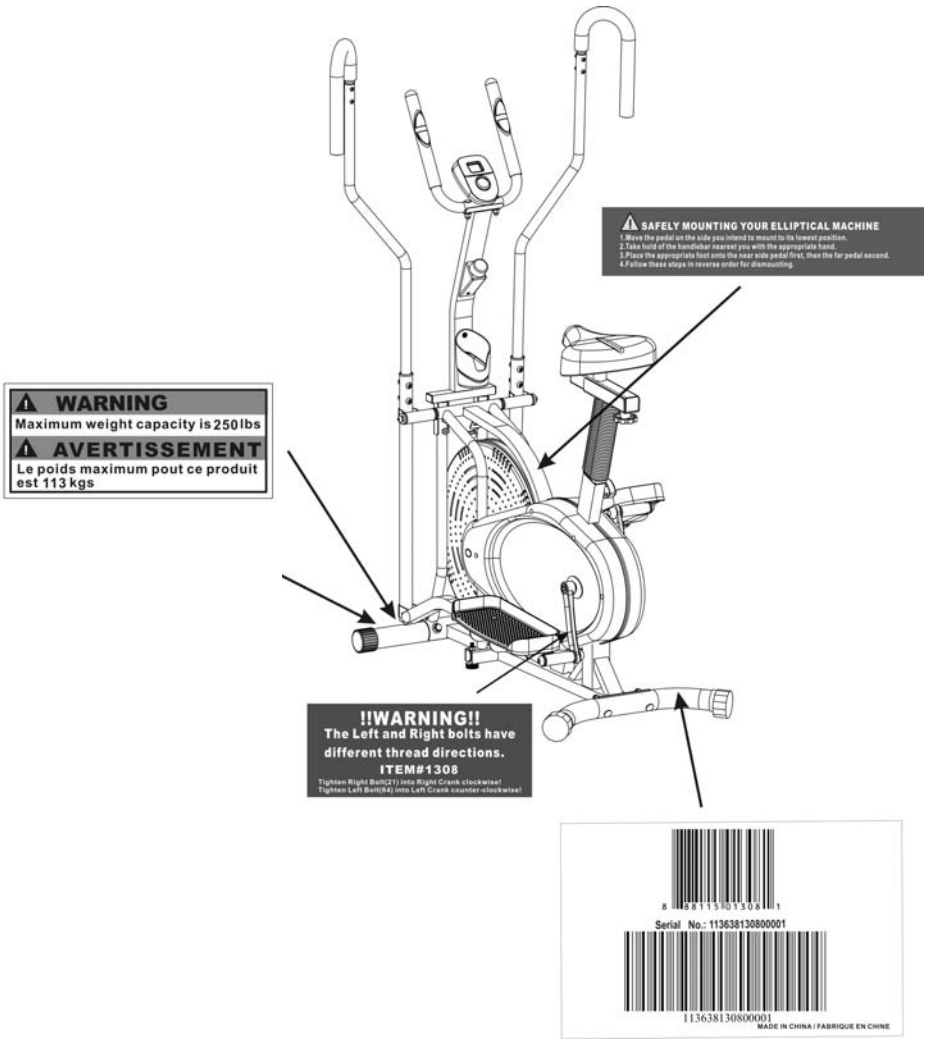
LABEL PLACEMENT


SAFELY MOUNTING YOUR ELLIPTICAL MACHINE
1.Move the pedal on the side you intend to mount to its lowest position.
2.Take hold of the handlebar nearest you with the appropriate hand.
3.Place the appropriate foot onto the near side pedal first, then the far pedal second.
4.Follow these steps in reverse order for dismounting.
WARNING
Maximum weight capacity is 250 lbs
AVERTISSEMENT
Le poids maximum pout ce produit est 113 kgs
!!WARNING!!
The Left and Right bolts have different thread directions.
ITEM#1308
Tighten Right Bolt(21) into Right Crank clockwise!
Tighten Left Bolt(64) into Left Crank counter-clockwise!
Serial No.: 113638130800001
113638130800001
MADE IN CHINA / FABRIQUE EN CHINE

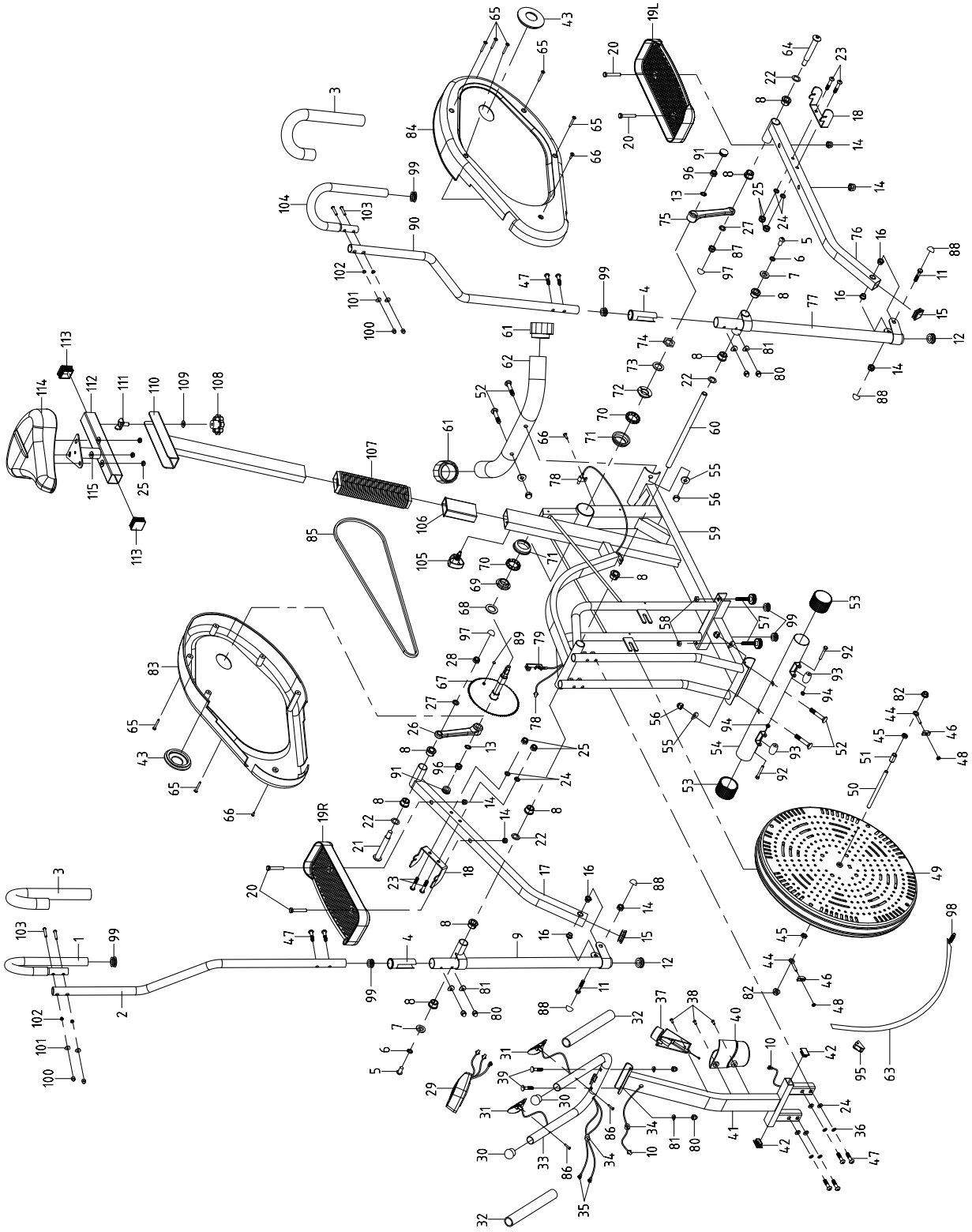
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group. Please refer to Warm Up section of the Owner's Manual.
2. Please make sure all components are not damaged and are working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar material on the ground is recommended.
3. Please wear proper clothes and shoes when using this equipment. Do not wear loose clothing that may get caught by any part of the equipment.
4. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue use and consult with customer service at Paradigm.
5. Be careful when stepping on or stepping off the pedals. Always hold onto the handlebars first and make sure the pedal at your side is at its lowest position, then step on. With your other leg, stride over the main frame and come to rest onto the other pedal. To ensure the pedals run smoothly, push or pull on the handlebars first, then follow with leg motion. To dismount, reduce pedaling speed gradually before you stop. When stepping off the machine, make sure one pedal is at its lowest position and step out of there before stepping out of the pedal at the highest position.
6. Keep dry - do not operate in wet or moist condition.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment at a time.
10. Keep children and pets away from the product at all times.
11. This machine is designed for adults only.
12. This product requires a minimum of 6 feet of space for safe operation.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult with your physician before continuing.
14. The maximum weight capacity for this product is 250 lbs/113 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

OVERVIEW DRAWING



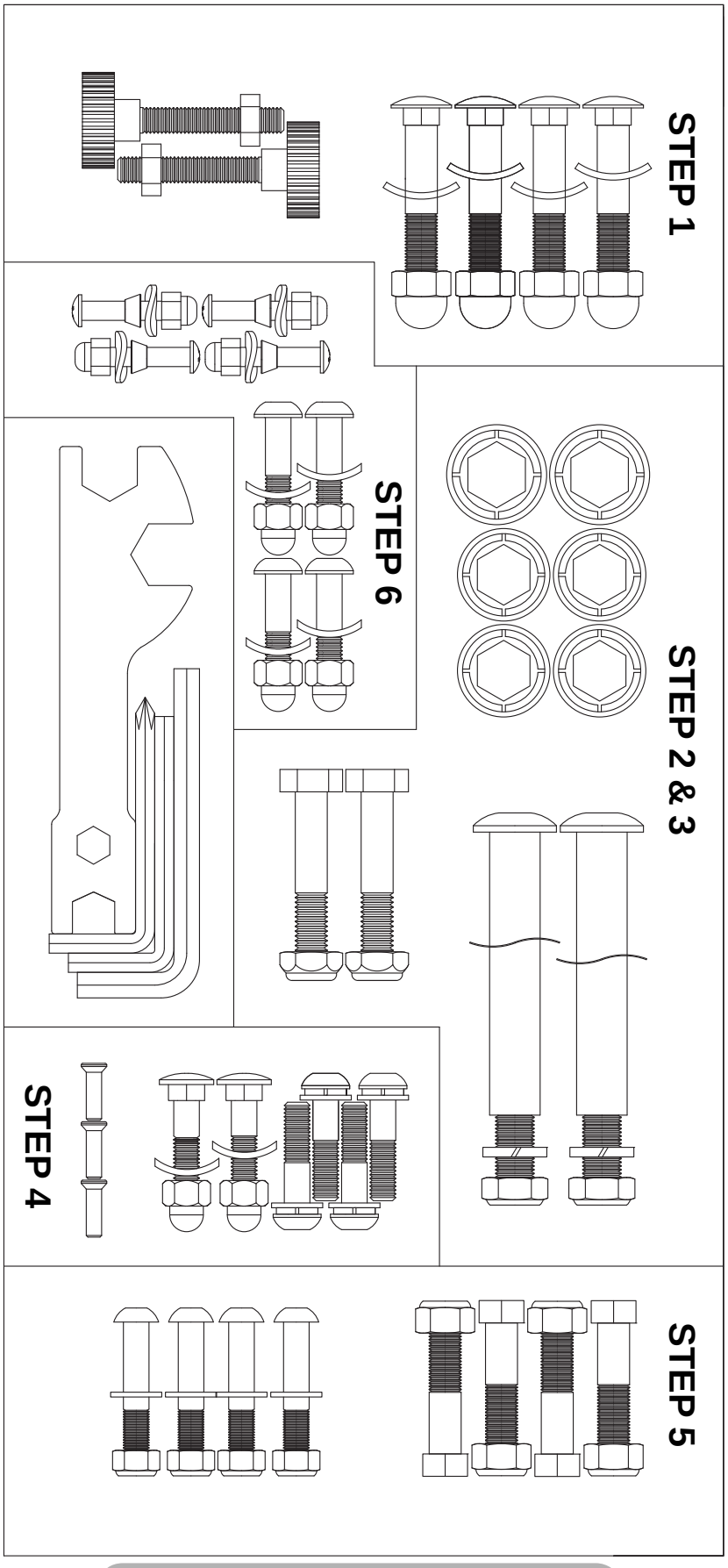
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Right U Shape Grab Bar Ø25x1.8	1	028	Nylon Nut for Right Crank 1/2”	1
002	Right Handrail Arm Ø25x1.8	1	029	Computer M1202	1
003	U-Shaped Grab Bar Foam Grip Ø24xØ34x410	2	030	Hand Pulse Handlebar End Cap Ø25x1.5	2
004	Handrail Arm Plastic Bushing Ø32x1.5	2	031	Hand Pulse Sensor	2
005	Bolt M10x18	2	032	Hand Pulse Handlebar Foam Grip Ø24xØ30x240	2
006	Spring Washer Ø10xØ18x3	2	033	Hand Pulse Handlebar Ø25x1.5	1
007	Washer Ø28xØ16xδ5	2	034	Wire Grommet Ø12.1	2
008	Powder Metal Bushing Ø24.5xØ16x14	10	035	Hand Pulse Sensor Wire L=500 mm	2
009	Right Handrail Ø32x1.5	1	036	Spring Washer Ø8	4
010	Extension Sensor Wire L=650 mm	1	037	Tension Control Knob L=40 mm	1
011	Bolt M10x55	2	038	Bolt M5x15	3
012	Handrail End Cap Ø32x1.5	2	039	Carriage Bolt M8x35	2
013	Serrated Lock Washer External Teeth Ø10	2	040	Bottle Holder	1
014	Nylon Nut M10	6	041	Hand Pulse Handlebar Support Frame	1
015	Foot Bar End Cap 30x30x1.5	2	042	Hand Pulse Handlebar Support Frame End Cap 30x20x2	2
016	Powder Metal Bushing Ø14xØ10x10	4	043	Cover Cap Ø25	2
017	Right Foot Bar	1	044	Eyebolt M6x33	2
018	Foot Pedal Support Bracket 245x38xδ3.0	2	045	Nut M10x1xB5	2
019L	Left Foot Pedal 349x150x56	1	046	Tension Bracket	2
019R	Right Foot Pedal 349x150x56	1	047	Bolt M8x38	8
020	Bolt M10x45	4	048	Nut M6	2
021	Right Bolt for Right Crank Ø16x89xL23	1	049	Fan Wheel Ø503x85	1
022	Wave Washer Ø28xØ17x0.3	4	050	Fan Wheel Axle M10x1xL150xL25xL40	1
023	Bolt M8x43	4	051	Spacer Ø16xØ10x20	1
024	Washer Ø8	8	052	Bolt M10x57	4
025	Nylon Nut M8	7	053	Front Stabilizer End Cap Ø50	2
026	Right Crank 6.7"	1	054	Front Stabilizer Ø50x1.5x540	1
027	Spring Washer Ø20xØ13x2	2	055	Curve Washer Ø10xØ25x2	4

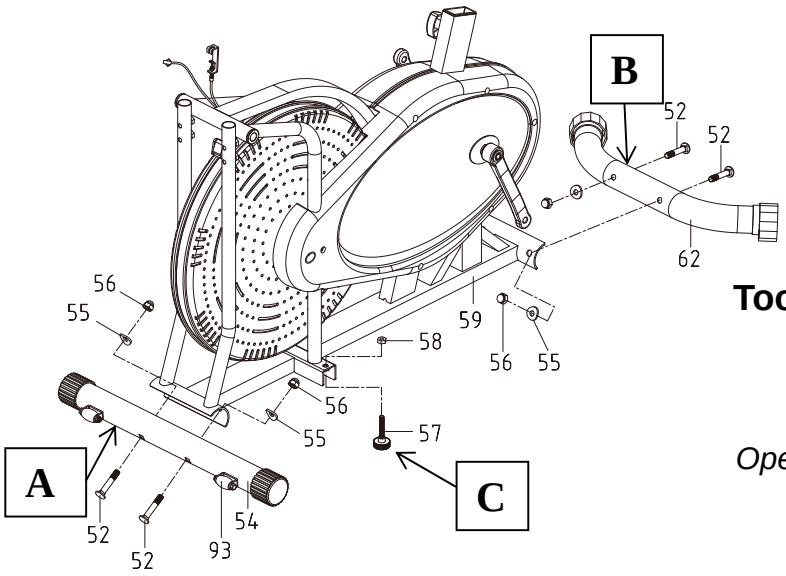
PARTS LIST

No.	Description	Qty	No.	Description	Qty
056	Cap Nut M10	4	086	Screw ST4.2x20	2
057	Adjustable Leveler M8x45	2	087	Nylon Nut for Left Crank 1/2”	1
058	Nut M8	2	088	Nut Cap S16	4
059	Mainframe	1	089	Small Magnet Ø15x7	1
060	Rotation Rod Ø15.8x376	1	090	Left Handrail Arm Ø25x1.8	1
061	Rear Stabilizer End Cap Ø50	2	091	Crank Cover Ø22	2
062	Rear Stabilizer Ø50x1.5x550	1	092	Bolt M6x45	2
063	Tension Strap 1150x18	1	093	Transport Wheel Ø23xØ6x32	2
064	Left Bolt for Left Crank Ø16x89xL23	1	094	Nylon Nut M6	2
065	Screw ST4.8x40	7	095	Plastic Clip 20	1
066	Phillips Self Drilling Screw ST4.8x20	3	096	Flange Nut M10x1.25	2
067	Chain Pulley	1	097	Nut Cap S18	2
068	Washer Ø40x24x3	1	098	Spring Ø12x1.8x32	1
069	Bearing Nut II 15/16"	1	099	Round Plug Ø25x1.5	6
070	Bearing	2	100	Cap Nut M6	4
071	Bearing Cup	2	101	Big Curve Washer Ø6xØ16x1.5	4
072	Bearing Nut I 7/8"	1	102	Conical Washer Ø6xØ10.5x5	4
073	Washer Ø34.5x23x2.5	1	103	Bolt M6x30	4
074	Nut 7/8"	1	104	Left U Shape Grab Bar Ø25x1.8	1
075	Left Crank 6.7"	1	105	Seat Post Knob M12	1
076	Left Foot Bar	1	106	Seat Post Plastic Bushing	1
077	Left Handrail	1	107	Seat Post Plastic Tube	1
078	Sensor with Wire L=900 mm	1	108	Seat Adjustment Knob M10	1
079	Tension Cable L=1020 mm	1	109	Washer Ø10xØ20x2	1
080	Cap Nut M8	6	110	Seat Post	1
081	Big Curve Washer Ø8xØ20x2	6	111	U Shape Bolt M10	1
082	Flange Nut M10x1xB10	2	112	Seat Sliding Tube	1
083	Right Cover 705x362	1	113	Seat Sliding Tube End Cap 38x38x1.5	2
084	Left Cover 705x362	1	114	Seat Cushion DD-98-4T	1
085	Chain	1	115	Big Washer Ø8xØ20x2	3

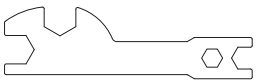
HARDWARE & TOOLS PACK



ASSEMBLY



Tool:



Open-Ended Flat Wrench

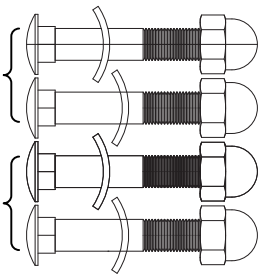
1. Front/Rear Stabilizers and Adjustable Levelers Installation:
Step A: Align the Front Stabilizer (54) onto the front curve of the Mainframe (59). Make sure the arrow is pointing **UP** on the front stabilizer and that the Transport Wheels (93) position toward the front and parallel off the floor. Attach two Bolts (52) and on the other ends of bolts with two Curve Washers (55) and two Cap Nuts (56). Using the flat wrench, tighten the cap nuts until firm.
Step B: Align and attach the Rear Stabilizer (62) onto the rear curve of the Mainframe (59) with two Bolts (52) and the other ends with two Curve Washers (55) and two Cap Nuts (56). Using the flat wrench, tighten the cap nuts until firm.
Step C: Remove the Nut (58) from the Adjustable Leveler (57). Screw the levelers onto the bottom of the Mainframe (59) and hand-tighten the nut to the leveler. Repeat for the other side. **Note:** Finish assembling the elliptical first and then refer to page 20 on adjusting the levelers as needed.

IMPORTANT: To prevent Elliptical from wobbling, make sure you adjust the levelers as instructed on Page 20.

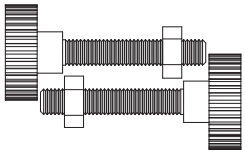
Hardware:

Front Stabilizer Hardware (Step A)

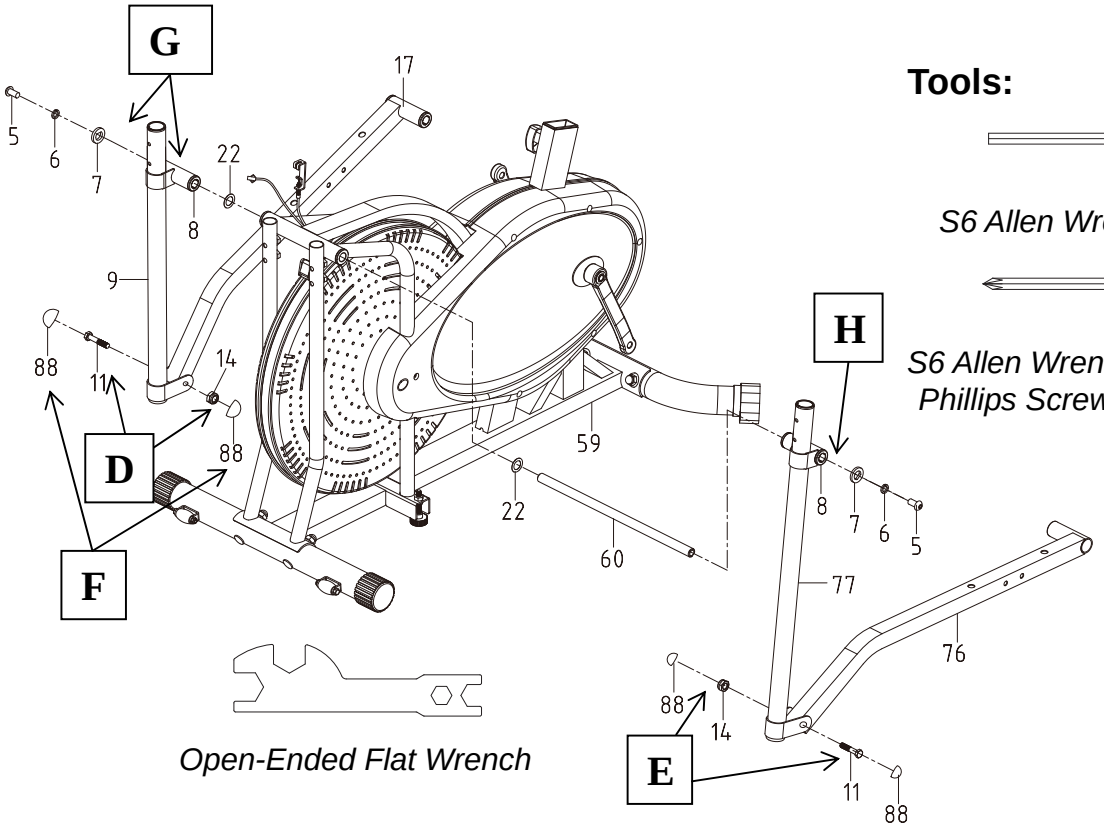
Rear Stabilizer Hardware (Step B)



(Step C)



(52) Bolt	4 PCS	(57) Adjustable Leveler	2 PCS
(55) Curve Washer	4 PCS	(58) Bolt	2 PCS
(56) Cap Nut	4 PCS		



Tools:

S6 Allen Wrench

S6 Allen Wrench with Phillips Screwdriver

Open-Ended Flat Wrench

2. Handrails, Foot Bars and Rotation Rod Installation:

Step D: Attach the Right Foot Bar (17) onto the bottom end of the Right Handrail (9) with one Bolt (11) and one Nylon Nut (14).

Note: Make sure the right foot bar is angled downward for correct installation.

Use one flat wrench to secure the bolt and the other flat wrench to tighten the nylon nut until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns.

Step E: Repeat step above for the left side.

Step F: Cover both Bolts (11) and Nylon Nuts (14) with four Nut Caps (88).

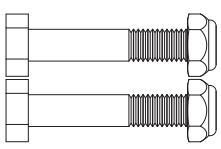
Step G: Using S6 Allen Wrench, remove two Bolts (5), two Spring Washers (6), two Washers (7), and two Wave Washers (22) PRE-ASSEMBLED from both ends of the Rotation Rod (60).

Insert the Rotation Rod (60) into the hole on top of the Mainframe (59). Slide the Right Handrail (9) onto the Rotation Rod (60) and secure in place with one set of the above hardware that was removed. Use one S6 Allen Wrench to secure the bolt on one end of the rod and the other S6 Allen Wrench to the bolt on the other end of the rod to tighten the bolts until firm.

Step H: Repeat step above for the left side.

Hardware:

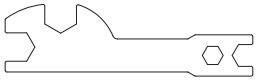
(Step D&E)



(11) Bolt	2 PCS
(14) Nylon Nut	2 PCS

Tools:

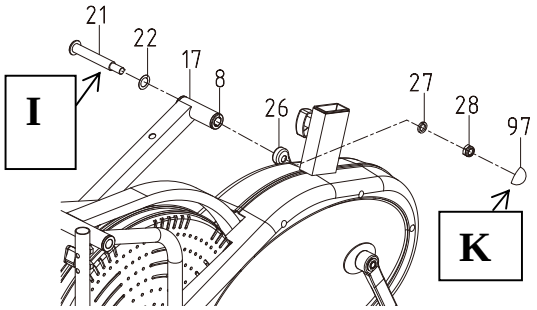
S10 Allen Wrench

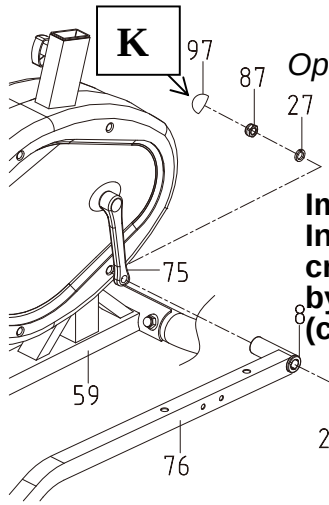


Open-Ended Flat Wrench

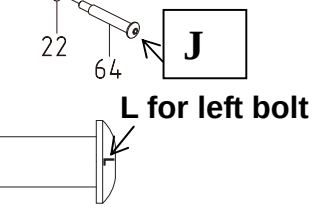
Important:
Installing right bolt into right crank can only be done by turning right (clockwise).

R for right bolt

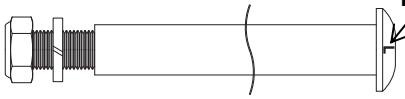




Important:
Installing left bolt into left crank can only be done by turning left (counterclockwise).



L for left bolt



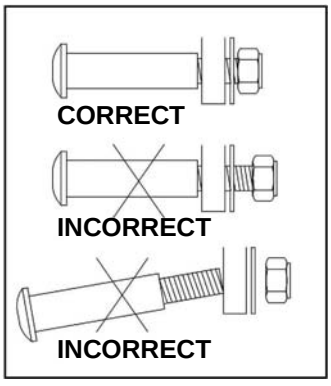
3. Right and Left Bolts for Right and Left Cranks Installation:

It is important that you first read and understand the procedures before installing the bolts to the cranks. Left bolt and left nylon nut are reverse threaded and the correct direction to tighten is by turning to the *left* (counterclockwise). **If not done correctly, the bolts and/or cranks may be damaged or stripped.**

Step I: Insert the Right Bolt for Right Crank (21) and Wave Washer (22) through the right side of the Right Foot Bar (17). Align the right foot bar with the Right Crank (26) so that they are **perfectly center.** Screw the Right Bolt for Right Crank (21) through the crank by turning right (clockwise) by hand until it stops. Put a Spring Washer (27) and screw the Nylon Nut (28) by turning right onto the bolt by hand until it stops. Use one flat wrench to secure the nylon nut and S10 Allen Wrench to tighten the bolt through the nylon nut until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns. Proper tightness is extremely important to prevent parts from coming loose or damage during use.

Step J: Repeat this procedure for the left side assembly and note that left bolt and left nylon nut are tighten by turning to the **LEFT** (counterclockwise).

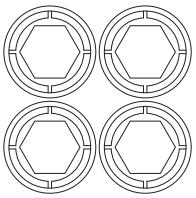
Step K: Cover both Nylon Nuts (28, 87) with two Nut Caps (97).



Note: In order to install the bolt properly, keep it perfectly straight when the bolt goes through the foot bar and the crank. If the bolt is connected to the crank at an angle, damage to the bolt and/or the crank may occur.

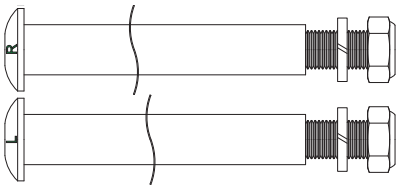
Please make sure the right bolt is for the right crank only and the left bolt is for the left crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

Hardware:



Step F

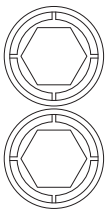
(88) Nut Cap
4 PCS



Step I

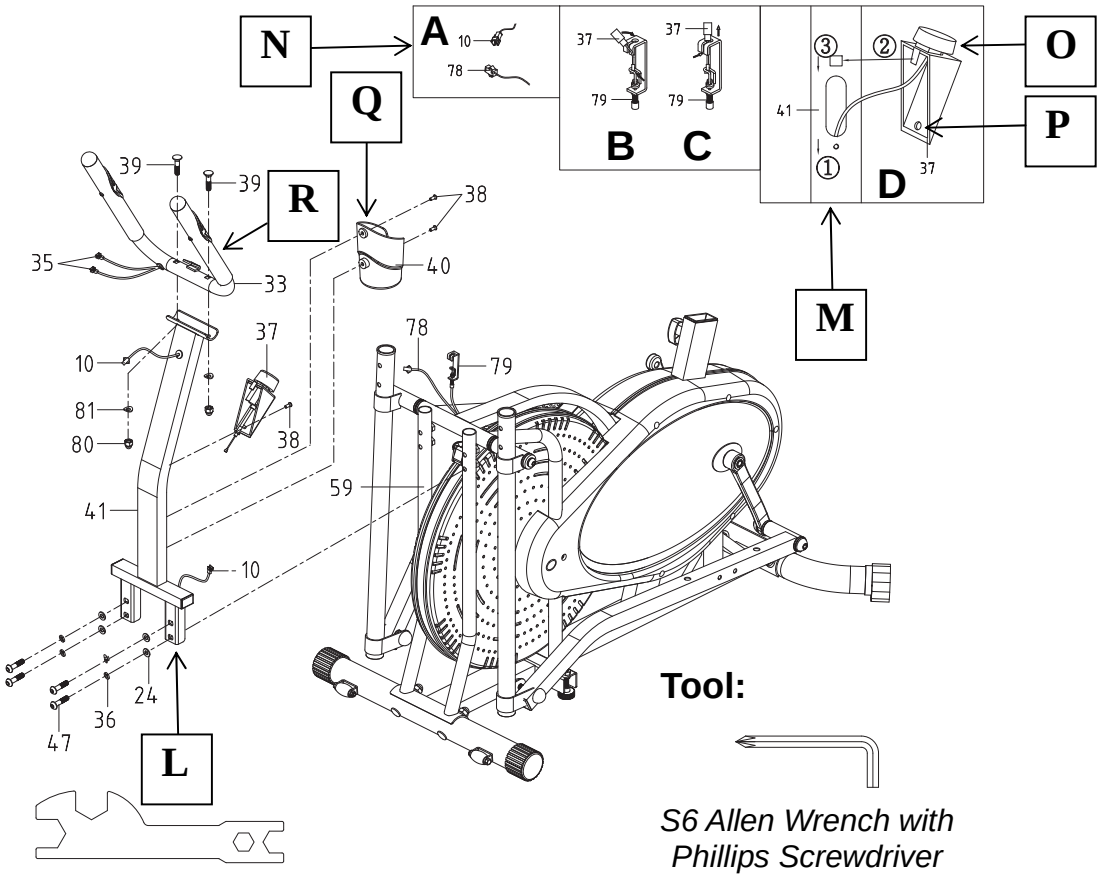
Step J

(21) Right Bolt for Right Crank	1 PC
(22) Wave Washer	2 PCS
(27) Spring Washer	2 PCS
(28) Nylon Nut for Right Crank	1 PC
(64) Left Bolt for Left Crank	1 PC
(87) Nylon Nut for Left Crank	1 PC



Step K

(97) Nut Cap
2 PCS



4. Hand Pulse Handlebar Support Frame, Tension Control Knob, Bottle Holder, and Hand Pulse Handlebar Installation:

Step L: Attach the Hand Pulse Handlebar Support Frame (41) onto the Mainframe (59) with four Bolts (47), four Spring Washers (36), and four Washers (24). Using the S6 Allen Wrench with Phillips Screwdriver, tighten the bolts until firm.

Step M: Insert the Tension Cable (79) through the bottom hole of Hand Pulse Handlebar Support Frame (41) and pull it out through the opening hole to connect with the Tension Control Knob (37). See Figure D.

Step N: Connect the Sensor Wire (78) coming out from the Mainframe (59) to the Extension Sensor Wire (10) coming from the bottom of the Hand Pulse Handlebar Support Frame (41). Make sure the connectors “click” when connected. See Figure A.

Step O: Turn the Tension Control Knob (37) to the lowest setting (counterclockwise).

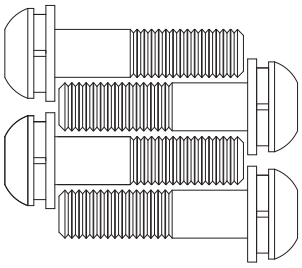
Caution: Do not continue to turn the Tension Control Knob (37) after reaching its lowest or highest setting for it may damage the knob.

Put the cable end of resistance cable of Tension Control Knob (37) into the spring hook of Tension Cable (79). See Figure B. Align the resistance cable of Tension Control Knob (37) into the gap of metal bracket of Tension Cable (79) with the nuts sitting above the metal bracket. Turn the tension control knob towards the highest setting (clockwise) until the nuts are seated firmly on top of the metal bracket. See Figure C. Tuck cable inside the Hand Pulse Handlebar Support Frame (41).

Step P: Install the Tension Control Knob (37) by inserting the tab into a square hole on the Hand Pulse Handlebar Support Frame (41) and push down on the knob slightly in order to align the opening with the bolt hole. Using the screwdriver, tighten the Bolt (38) until firm. See Figure D.
Step Q: Attach the Bottle Holder (40) onto the Hand Pulse Handlebar Support Frame (41) with two Bolts (38). Using the screwdriver, tighten both Bolts (38) until firm.
Step R: Attach the Hand Pulse Handlebar (33) onto the top end of the Hand Pulse Handlebar Support Frame (41) with two Carriage Bolts (39), two Cap Nuts (80), and two Big Curve Washers (81). Using the flat wrench, tighten the cap nuts until firm.

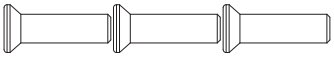
Hardware:

(Step L)



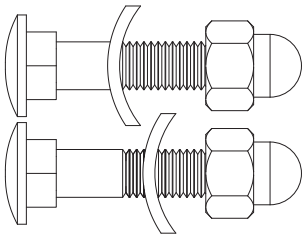
(47) Bolt	4 PCS
(36) Spring Washer	4 PCS
(24) Washer	4 PCS

(Step P&Q)

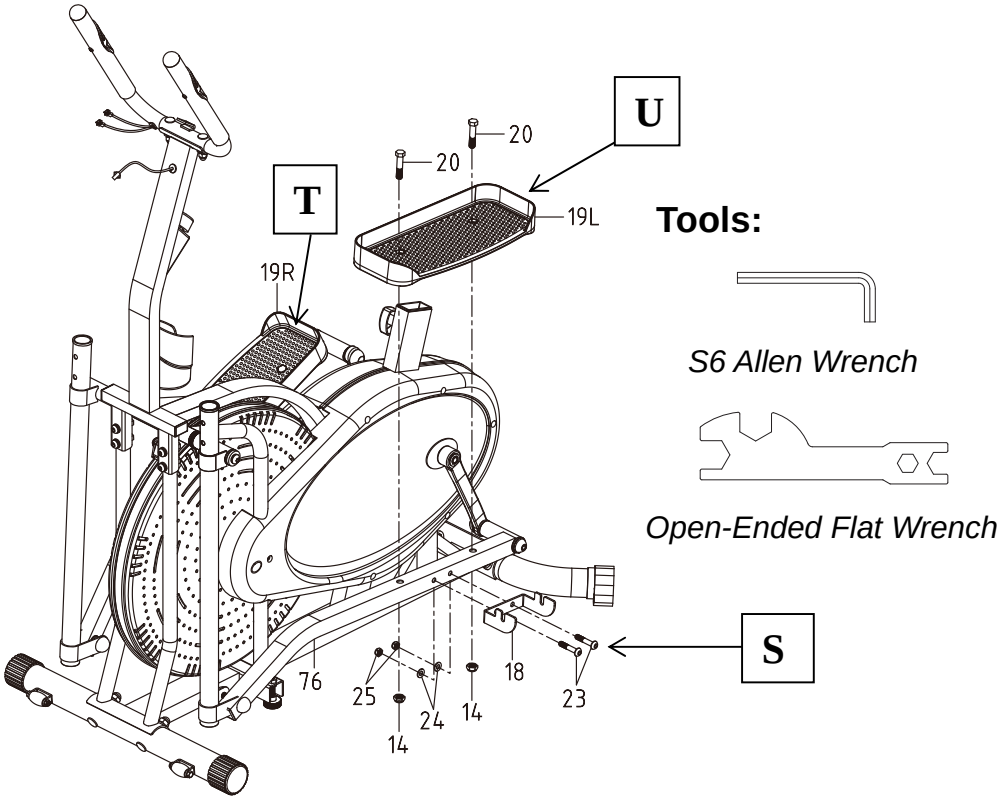


(38) Bolt
3 PCS

(Step R)



(39) Carriage Bolt	2 PCS
(80) Cap Nut	2 PCS
(81) Big Curve Washer	2 PCS



5. Right and Left Foot Pedals Installation:

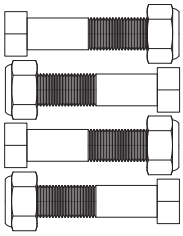
Step S: Attach two Foot Pedal Support Brackets (18) onto both the Right/Left Foot Bars (17, 76) with four Bolts (23) and the other ends with four Washers (24) and four Nylon Nuts (25). Use a flat wrench to secure the nylon nut and S6 Allen Wrench to tighten the bolt through the nylon nut until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns.

Step T: Attach the Right Foot Pedal (19R) onto the Right Foot Bar (17) with two Bolts (20) and two Nylon Nuts (14). Using a flat wrench, tighten the nylon nuts until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns.

Step U: Repeat step above for the left side.

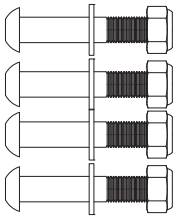
Hardware:

(Step T)

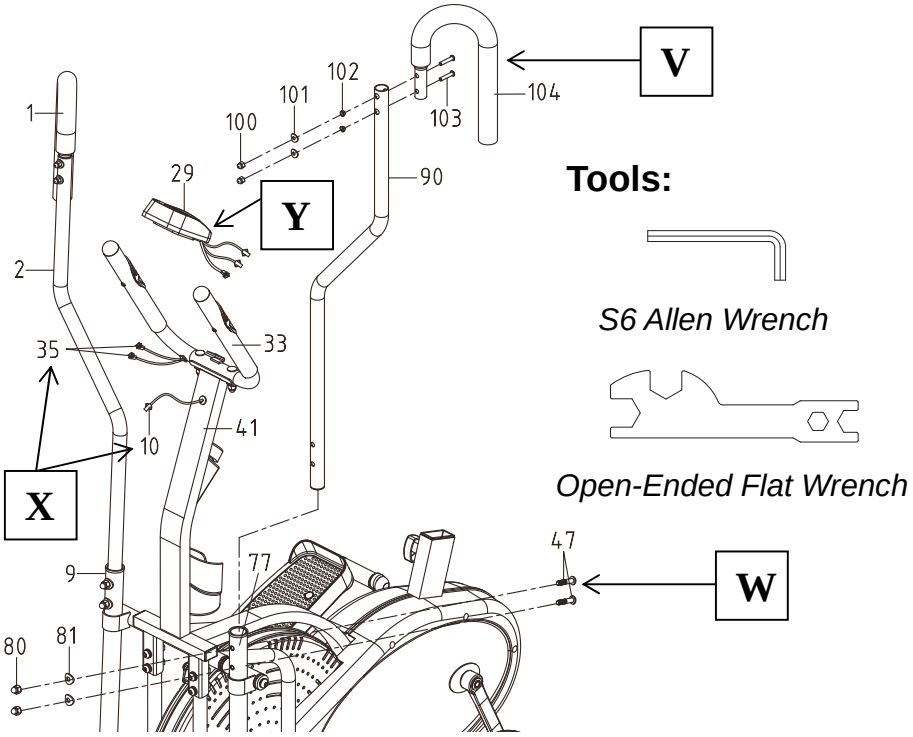


(14) Nylon Nut	4 PCS
(20) Bolt	4 PCS

(Step S)



(23) Bolt	4 PCS
(24) Washer	4 PCS
(25) Nylon Nut	4 PCS



6. Left/Right U Shape Grab Bars, Left/Right Handrail Arms, and Computer Installation:

Step V: Insert the Left U Shape Grab Bar (104) into the Left Handrail Arm (90) and secure with two Bolts (103), two Conical Washers (102), and two Big Curve Washers (101), and two Cap Nuts (100). Use a flat wrench to secure the cap nut and S6 Allen Wrench to tighten the bolt through the cap nut until firm. Repeat step above for the right side.

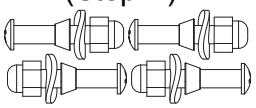
Step W: Insert the Left Handrail Arm (90) onto the Left Handrail (77) and secure with two Bolts (47), two Cap Nuts (80), and two Big Curve Washers (81). Use a flat wrench to secure the cap nut and S6 Allen Wrench to tighten the bolt through the cap nut until firm. Repeat step above for the right side.

Step X: Connect the Extension Sensor Wire (10) coming out from the top side of the Hand Pulse Handlebar Support Frame (41) to the wire with a male connector coming out from the Computer (29). Make sure the connectors “click” when connected. Connect the two Hand Pulse Sensor Wires (35) from the Hand Pulse Handlebar (33) to the two wires with female connectors coming out from the Computer (29). Make sure the connectors “click” when connected.

Step Y: Place the Computer (29) onto the plate of the Hand Pulse Handlebar (33) then slide it down to lock in position.

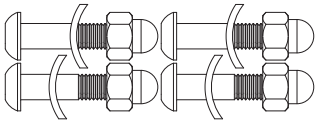
Hardware:

(Step V)

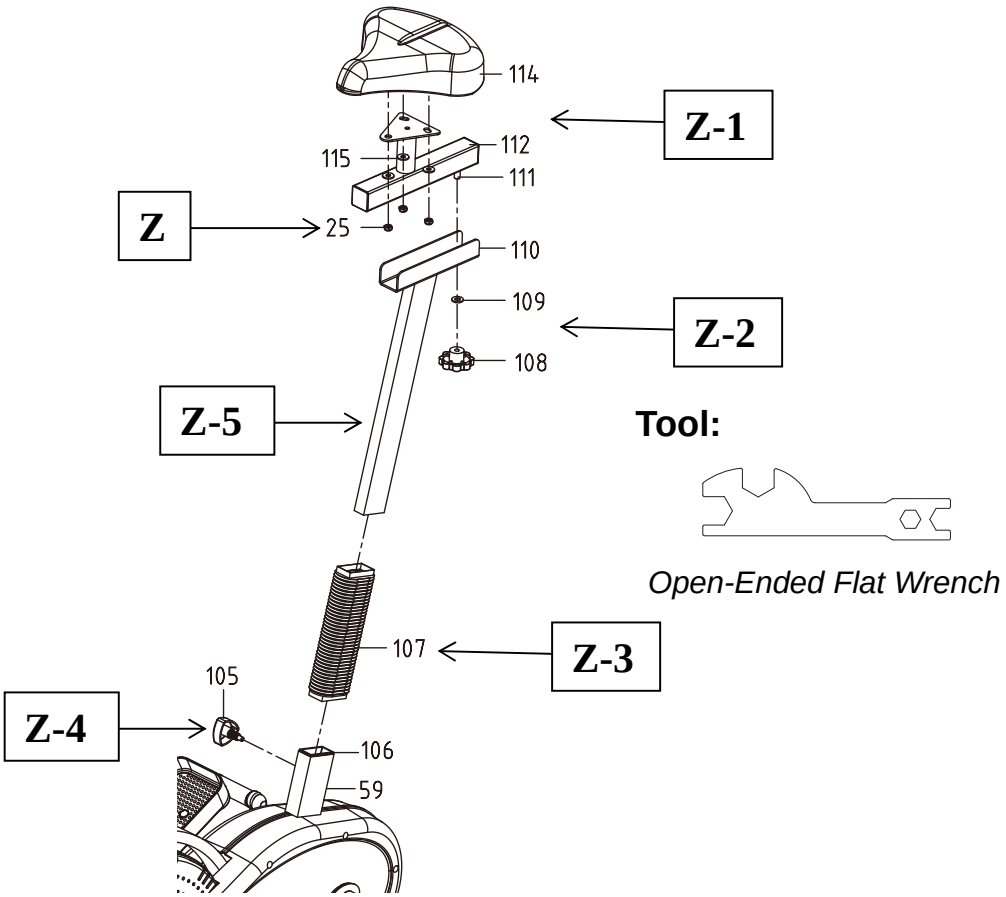


(100) Cap Nut	4 PCS
(101) Big Curve Washer	4 PCS
(102) Conical Washer	4 PCS
(103) Bolt	4 PCS

(Step W)



(47) Bolt	4 PCS
(80) Cap Nut	4 PCS
(81) Big Curve Washer	4 PCS



7. Seat Cushion, Seat Sliding Tube, Seat Post, and Seat Post Plastic Tube Installation:

Step Z: Remove three Nylon Nuts (25) and three Big Washers (115) from underside of the Seat Cushion (114). Using the flat wrench to remove the nylon nuts.

Step Z-1: Guide bolts on underside of the Seat Cushion (114) through holes on top of the Seat Sliding Tube (112), attach with three removed Nylon Nuts (25) and Big Washers (115). Using the flat wrench, tighten the nylon nuts until firm.

Step Z-2: Remove one Washer (109) and one Seat Adjustment Knob (108) from the U Shape Bolt (111). Guide the U Shape Bolt (111) on underside of the Seat Sliding Tube (112) through hole on top of the Seat Post (110), attach with one Washer (109) and one Seat Adjustment Knob (108).

Step Z-3: Slide the Seat Post Plastic Tube (107) up to the Seat Post (110).

Step Z-4: Remove the Seat Post Knob (105) from the tube of the Mainframe (59)

Step Z-5: Insert the Seat Post (110) into the Seat Post Plastic Bushing (106) on the tube of the Mainframe (59) and then attach the Seat Post Knob (105) onto the tube of the Mainframe (59) by turning it in a clockwise direction to lock the Seat Post (110) in the suitable position.

COMPUTER

SPECIFICATIONS:

TIME ---------- 00:00-99:59 MIN: SEC
SPEED ---------- 0.0-999.9 MPH
DISTANCE ---------- 0.00-99.99 MILE
CALORIE ---------- 0.0-999.9 KCAL
PULSE ---------- 40-200 BPM

USING YOUR COMPUTER

The computer can be activated by pressing the MODE button or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

MODE BUTTON FUNCTIONS:

Press the MODE button once to select the desired function of the computer.
Press and hold the MODE button for 4 seconds to reset all data values.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the arrow points to SCAN, the computer will automatically scan through each function except the PULSE function every 6 seconds.

TIME: Press the MODE button until the arrow points to TIME, the computer will display your elapsed workout time in minutes and seconds.

SPEED: Press the MODE button until the arrow points to SPEED, the computer will display the current training speed.

DISTANCE: Press the MODE button until the arrow points to DISTANCE, the computer will display the cumulative distance traveled during workout.

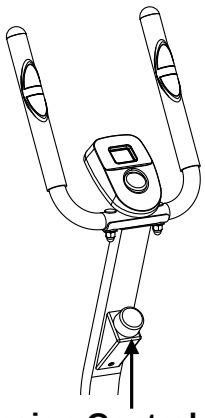
CALORIE: Press the MODE button until the arrow points to CALORIE, the computer will display the ESTIMATED number of calories you are burning during the workout. Please note that the readings are only estimates and there are many factors that can't be accounted for such as fitness level, body fat percentage, age, weight and gender.

PULSE: Press the MODE button until the arrow points to PULSE, the computer will display your current heart-rate readings only if BOTH hands are gripping the hand-pulse sensors. No readings or inaccurate readings may occur if only one hand is gripping the hand-pulse sensor.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove the batteries and wait 15 seconds before reinstalling.

TENSION ADJUSTMENT

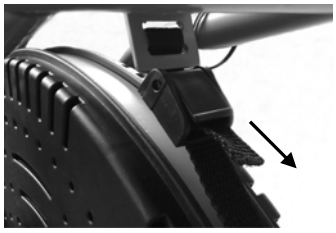


Tension Control Knob

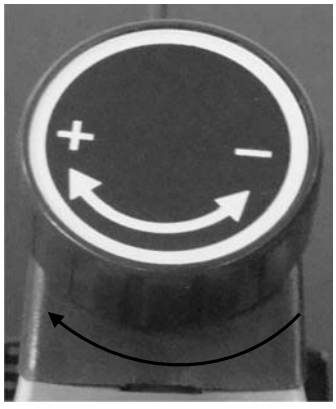
Adjusting the Tension Control Knob
To increase the tension, turn the tension control knob in a clockwise direction.
To decrease the tension, turn the tension control knob in a counterclockwise direction.

After prolong use of the elliptical trainer, the strap will begin to stretch out and it will become necessary to tighten the strap for optimum performance.

1. Before tightening the strap, the tension knob must be set to its lowest setting. To do this turn the knob in a counterclockwise direction until it is at its lowest setting. Do not continue to turn the knob after reaching its lowest or highest setting for it may damage the knob.



2. To tighten, undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward). Close the buckle of the plastic clip to lock in place. Only minimal adjustment is needed.

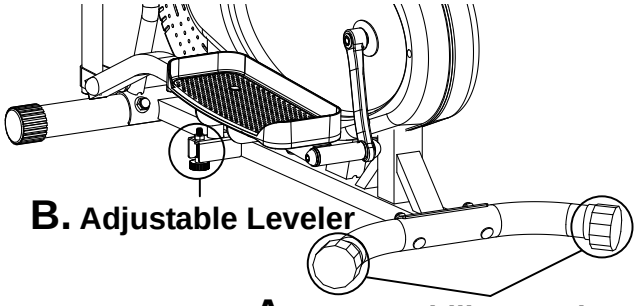


3. Without changing the tension, you should now be able to feel a little resistance (i.e. the flywheel is not turning freely). If you are satisfied with the base level tension, then you may select the desired tension and continue exercising.

LEVEL ADJUSTMENTS

Adjusting the Rear Stabilizer End Cap or Adjustable Leveler

The Elliptical has to be set up on a flat surface. Otherwise, shaking or wobble might occur during the workout. Please use the following two methods to adjust the Elliptical Level.

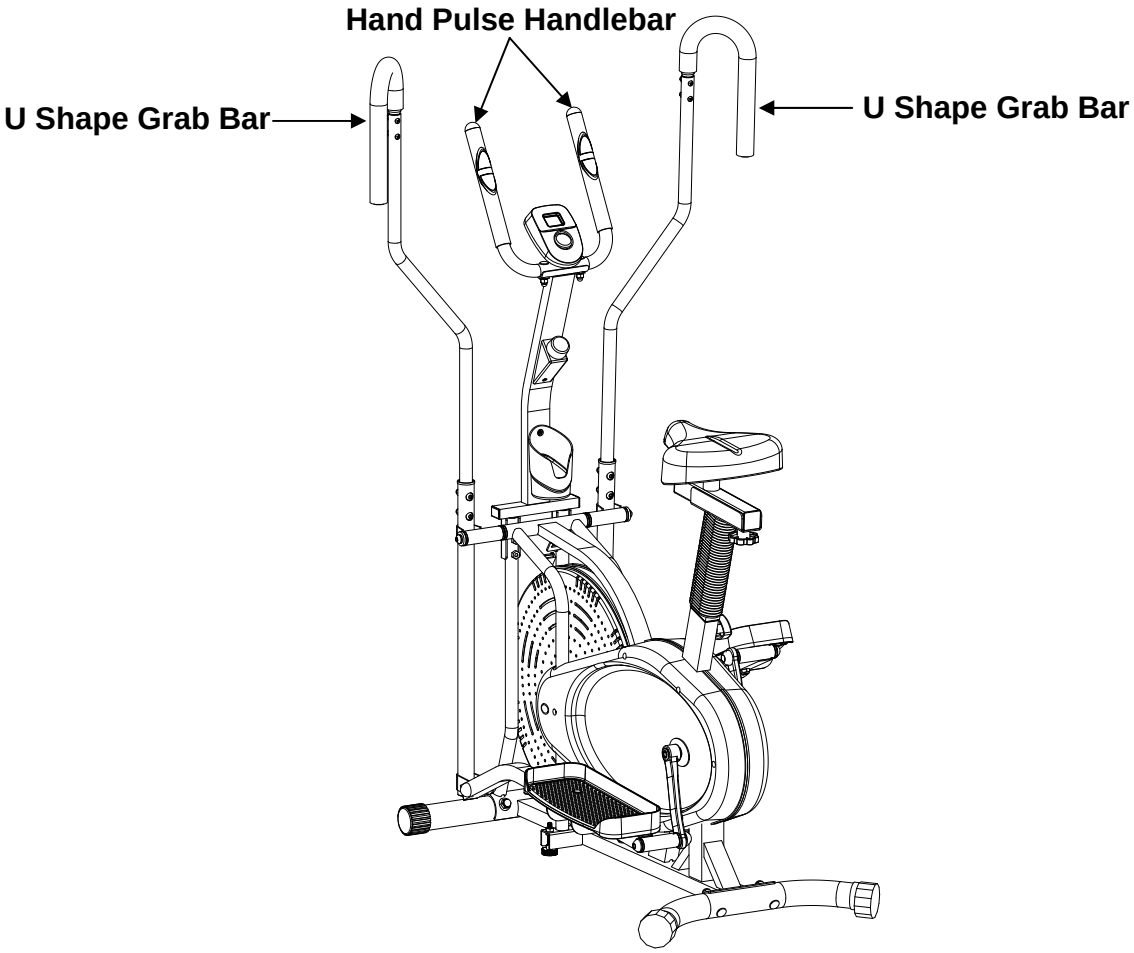


IMPORTANT: Please follow these important steps to ensure the stability of the elliptical when in use.

A. Adjusting the Rear Stabilizer End Cap #61:
The Rear Stabilizer End Cap #61 is designed with different angle surfaces to level the Elliptical. Please rotate the Rear Stabilizer End Cap #61 till one of the surfaces firmly settle on the floor.

B. Adjusting the Adjustable Leveler #57:
The Adjustable Leveler #57 is designed to distribute the Elliptical and User's weight to the ground level evenly. You should adjust the Adjustable Leveler #57 until it slightly contacts with the floor, so that they are at the same level as the front and rear stabilizer end cap. If the Elliptical is set up on a carpet, please make sure the Adjustable Leveler #57 reaches the floor instead of the carpet surface.

HOW TO USE U SHAPE GRAB BARS



This AIR ELLIPTICAL can be used either as an elliptical trainer or an exercise bike. User can choose to stand up when you want to use the elliptical trainer or sit down on the seat when you use the exercise bike. User can choose whether to engage your upper body muscles more with moving U Shape Grab Bar while using as an elliptical trainer, or focus on your lower body muscles with the fixed Hand Pulse Handlebar when using as an exercise bike. If user wants to sit down on the seat and grab the U Shape Grab Bar for bike riding workout, this would be for a person who has longer arm length. If user wants to stand up on the foot pedals and grab the U Shape Grab Bar for elliptical workout, this would be for a person who has shorter arm length.

MAINTENANCE

Regular maintenance of your elliptical is necessary to extend the life of your machine and allow it to continue to function properly. lease keep the elliptical, especially the computer console, out of direct sunlight to prevent screen damage or premature wear.

Cleaning

Keep the machine clean and free of any debris by vacuuming around the moving parts and wiping the machine down with a clean cotton cloth. The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Immediately wipe your perspiration off the elliptical after each use.

Lubrication

Regularly inspect your machine for any loose connections and tighten them. Creating a consistent lubrication routine on the moving parts of the elliptical can stop it from squeaking.

1. Check the floor where the elliptical sits to verify the floor is level. An Uneven floor could create unnecessary stress on the moving parts of the elliptical, creating a squeak.

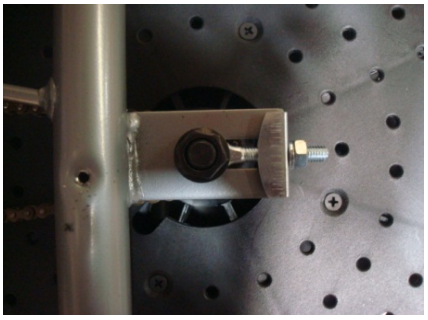
2. Spray an aerosol multi-purpose or silicon-based lubricant onto the bolts that connect the handlebars to the lower arms. The lower arms support the footpads or pedals on the elliptical.

3. Spray the lubricant onto the bolts connecting the foot bars to the crank and the bolts connecting the crank to the mainframe.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The computer will not power up.	1. Check that the batteries are inserted properly with the correct polarity (see marking inside the battery compartment). 2. Check that the battery springs are in proper contact with batteries. 3. Remove the old batteries and replace with the new batteries.
There is no readings on the computer display.	1. Check that the Sensor Wire (78) coming out from the Mainframe (59) is securely connected to the Extension Sensor Wire (10) coming from the bottom of the Hand Pulse Handlebar Support Frame (41). See Step 4 page 13. 2. Check that the Extension Sensor Wire (10) coming out from the top side of the Hand Pulse Handlebar Support Frame (41) is securely connected to the wire with a male connector coming out from the Computer (29). See Step 6 page 16. 3. Check that the two Hand Pulse Sensor Wires (35) from the hand pulse handlebar are connected to the two wires with female connectors coming out from the Computer (29). See Step 6 page 16.
The elliptical makes a squeaking noise.	1. The bolts may be loose on the elliptical, please inspect and tighten any loose bolts. 2. See page for lubrication.
Clicking Noise.	After prolong use, the chain may get loose and start to have a clicking noise. Open the Right & Left Covers (83, 84) to reach the Nut (48). Tighten the chain by turning the Nut (48) clockwise. Repeat for the other side. 

TROUBLESHOOTING

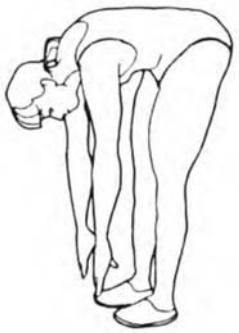
PROBLEM	SOLUTION
The elliptical is not sturdy enough.	Make sure both the Adjustable Levelers (57) are touching the ground. Make sure the elliptical is leveled. Please refer to page 20
Tension adjustment doesn't work.	Undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward) to re-tighten the tension belt. See page 19
Pedal assembly is coming loose.	Make sure the bolt is secured to the footbar and into the crank with the nylon nut. When tightening the bolt, make sure the bolt threads protrude out through the nylon nut. Proper tightness is extremely important to prevent parts from coming loose or damage during use. See page 11.

WARM UP

Quadriceps Stretch
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Toe Touching
Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretch
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Relax and hold for 15 counts. Repeat with left leg extended.